Chichester HERALD

Friday 26th September 2014
YOUR FREE WEEKLY NEWSPAPER
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Win a meal for 2 at Murrays at the Ship Hotel
COMPETITION
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Win two tickets to see A Walk Among the Tombstones
COMPETITION
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£1.6 million fire rescue

>> *Midhurst and Petworth to lose fire engines in cuts*

Susanna Reid
NEWS@CHICHESTERHERALD.CO.UK

CHANGES to the way West Sussex Fire & Rescue Service will operate in the future were formally approved on Monday by West Sussex County Council.

The authority's Cabinet Member for Residents' Services, Lionel Barnard, who has responsibility for fire and rescue, said the decision will create a fire service that is fit for the 21st century and will meet the needs of West Sussex residents now and in the future.

The proposals, which will save £1.6million, include:

- Keeping all fire stations open, but changing the way fire engines are crewed by introducing new shift patterns and reducing the overall number of staff, including firefighters.
- Keeping the same number of 24hr crewed immediate response fire engines, but moving one from a temporary base (Horsham) to a permanent location (Littlehampton) to replace the current day-crewed fire engine there. This would be a net reduction of one fire engine, but would upgrade crewing at Littlehampton to 24hr immediate response.

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The decision will create a fire service that is fit for the 21st century according to Council

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130 RUNNERS RISE TO THE VALLEY CHALLENGE *Page 8*

WINTER WEATHER REHEARSAL OPERATION SNOWFLAKE IN WEST SUSSEX THIS SATURDAY *Page 14*

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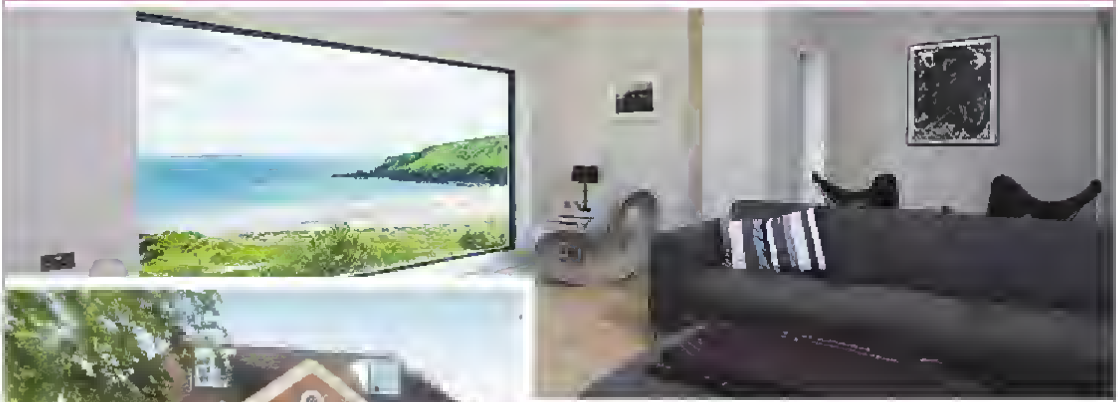

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Midhurst and Petworth to lose fire engines in cuts

• Removing the second fire engines at Midhurst, Petworth, and Storrington, and the third fire engine at Crawley These are crewed by retained firefighters

• Broadening the prevention role of firefighters, and investing in specialist equipment and training to support communities during severe weather and widespread flooding

Lionel said, "We have listened to everyone who contacted us with views about the proposals during the 12-week consultation, and the comments made by the Environmental Services Select Committee last week, and I've taken the decision that I have because the evidence is there to support it

"The number of emergency calls the fire service receives has fallen, and the types of incident crews respond to has changed We need to adapt our service to reflect this

"This isn't just about money If we didn't have to save a penny these changes would still be needed because this is about improving our service and building a fire service that is fit for the 21st century."

Lee Neale, West Sussex Fire & Rescue Service's Deputy Chief Fire Officer, said "Our proposals are based on extensive data and the professional judgment of a wide range of fire service staff

"We have done a huge amount to target prevention work to those most at risk and want to continue to work even more closely with the communities we serve to reduce the likelihood of emergencies from occurring in the first place

"We continuously monitor our performance and will ensure we deliver services that meet the needs of people across West Sussex."

The Environmental Services Select Committee will formally review any impact from the changes one year after their implementation

Lionel's full decision report is published in full on West Sussex County Council s website

CDC needs your views on its Council Tax schemes

PEOPLE across the Chichester District are encouraged to have their say on changes to the Council Tax scheme and to the Council Tax Reduction Scheme

Chichester District Council is proposing to make minor amendments to the Council Tax Reduction scheme which provides financial support to households on low incomes

As part of this and to protect the most vulnerable people from any cuts in funding Chichester District Council is also reviewing the current exemptions for long term empty properties

All residents are asked to take part in the public consultation which runs until Saturday 4 October 2014.

Councillor Tony Dignum, Cabinet Member for Finance at Chichester District Council, says "We want to hear everyone's views including those not receiving the reduction."

Back of the net

TWO LOCAL football clubs are among those receiving a cash boost from West Sussex County Council

South Chichester County Local Committee (CLC) gave out more than £11,500 in Community Initiative Funding to seven local organisations, including Chichester City and Portfield United Football Club and Selsey Seals Football Club

Grants have been agreed for

• Chichester City and Portfield United Football Club Ltd – £3,000 towards the costs of equipping a physiotherapy room,

• Selsey Seals Football Club – £1,500 towards the costs of a turnstile, lighting, printing machine and play equipment,

• Selsey Community Forum – £1,400 for the purchase of laptops and bedding associated with a sexual health clinic, a mediation service and a homeless shelter,

• Selsey Town Council – £3,000 to purchase projection and sound equipment for the Selsey Cinema Club,

• Voluntary Action Arun and Chichester – £170 towards the purchase of a tablet to help volunteers search the internet for local volunteering opportunities,

• Forestside & West Marden Villagers Defibrillator & CPR Training – £500 towards the cost of an awareness campaign for the defibrillator, and

• Chichester Community Development Trust – £2,000 towards the costs of installing a temporary building at Graylng Park.

Committee Chairman Margaret Evans said "We are delighted to have been able to help more fantastic local projects

"From sports clubs to community-based schemes to help improve the health and wellbeing of our residents, it is wonderful to be able to reach so many different people

"There is still money left in our pot, and I would urge other organisations or groups who need a bit of help to look into the scheme and apply for funding."

For more information about the Community Initiative Fund and how to apply, visit the County Local Committee web pages atwww.westsussex.gov.uk/clc

Anorak Corner

Interesting snippets of information about Chichester

Birdham Pool marina was built in the 1930s and is thought to be the oldest marina in the country

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Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) Let us know what you think @Chiherald

@Loveyourhosp
Off to Chichester college to congratulate the student's on raising money for the teenager's room on the children's ward well done guys

@LSCartledge
Like cake and meeting new people? Check out #Chichester's @clandestinecake the next gathering 'savoury bakes' Oct 15 - 1/2 #ChichesterHour

@MissySJH
Hey @GordonRamsay #BognorRegis has some lovely restaurants, @GurkhaBognor Tup Tim Siam & The Aviator! @bognorRegisHour #BritishBeachResorts

@Trents_Ch
This Friday morning our boys will be getting topless & serving you coffee All in aid of @macmillancoffee #MacmillanCoffeeMorning

@Shallow_Deeply
Happily spending the last real day of summer on the beach *We're just been buzzed by (I think) a Spitfire' Is that possible? #westwittering

@Arundelbrewery
Our delicious new Cyder will be @Trents_Ch for their Locals night on 30th Sept #ChichesterHour #Chichester #Sussex pic.twitter.com/rr53HxP2eo

@Pedal4Health
#ChichesterHour we're running a free cycle course for beginners this Saturday in Chichester Free bike loan

@laurenbanjoz
Imelda Staunton in star in Gypsy at Chichester Festival Theatre with the team behind the award-winning production of Sweeney Todd

@Luke_Wilson89
Golf course near bognor Regis ain't gonna know what's turnt up when u see me pinging balls 300 yards dressed As john travolta #butfinisturner

@wrigleywriggler
The Old House at Home in West Wittering does the best pnb burger I have ever tasted #yummy

They kicked butt when they didn't like their rulers

Tommy Boyd
Legendary TV and radio personality

CHILDRENANO INEQUALITY

A government advisor revealed this week that over half onr 5 year olds are showing up at school unprepared for it He says we need to think about the conditions in many British homes and how hard it is for couples short of cash to bring np children properly the parents both need to be out working

BAD PARENTING ROUNO MERE

This advisor needs to know it's not just the poor I was asked to help out at a fee-paying school not far from Chichester where the parents were wealthy, a typical dad would be a property developer, mum had her own hairdressers Most of the children got booted out of the SUV at the school gate with nary a hng or an 'I love you" And the children didn't know how to use a knife and fork or soap and water

NO OIFFERENCE

The resnlt of the hnbbub about devolution will be no change People who are fed up will continue to be so because it's more fun blaming other people the government, politicians, the energy providers neighbours, family Do you know any one like that?

GO SOBER IN OCTOBER

If we all stopped drinking it would cost the country about half of the entire Defence budget and we'd be sober enough to give a damn

ENGLAND

We English are going to have to define who we are We love to be self-righteously indignant. Over the last fifty years we have selected two particular politicians with maximum mandates to run our lives We voted for them in bucketloads Margaret Thatcher and Tony Blair Then we turned on them, and now hate them both real blood-red hatred The two people WE chose by landslides not once or twice but in an aggregate SIX general elections We now loathe em I find this very interesting

PSYCHOLOGISTS

I have friend who is a psychologist good company for a beer He says the English are particularly unloved by their parents Not enough hugging and too much telling off has left us a nation of people who resent authority but are incapable of standing up to it Not like the French or the USA or Russia where they kicked butt when they didn't like their rulers

WONOERFULLY OOO MAN

Even if you hate sport and maybe golf in particular take a look at the Ryder Cup and watch out for an Englishman called Ian Poulter He's a very good golfer but when it comes to representing his country he's truly special It's borderline weird Actually he represents Europe in the Ryder Cup so it can't be patriotism really No he simply loves representing other people who are a bit like him against other people not quite so like him. Teamed up the English have something inside them Ask the Kaiser or Hitler Or Galtieri Or Saddam.

JOKE

A young herbert tells his dad "I saved 50p today dad" His dad says "Oh yes how?" The lad says "Well I didn't catch the bus to school I ran along behind it" The dad gives him a clip round the ear "Stupid boy you should have run behind a taxi and saved a fiver"

Contact Tommy: tommy.boyd@chichesterherald.co.uk
Follow Tommy on @TheTommyBoyd

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Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83 000**

Distribution locations include Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Gineworld, newsagents One Stop Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick-up point areas and businesses delivered to include.
Aldwick, Arundel Barnham Bognor Regis Bosham Bracklesham Chichester Emsworth Fontwell Goodwood Midhurst Nyetimber Pagham Pittworth, Rose Green Selsey and East & West Wittering

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Furniture & More based in Terminus Road say "Whilst a couple were having a coffee in Ikea they picked up a Chichester Herald from the stand in the cafe They were in Chichester looking for furniture Having seen our advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us.

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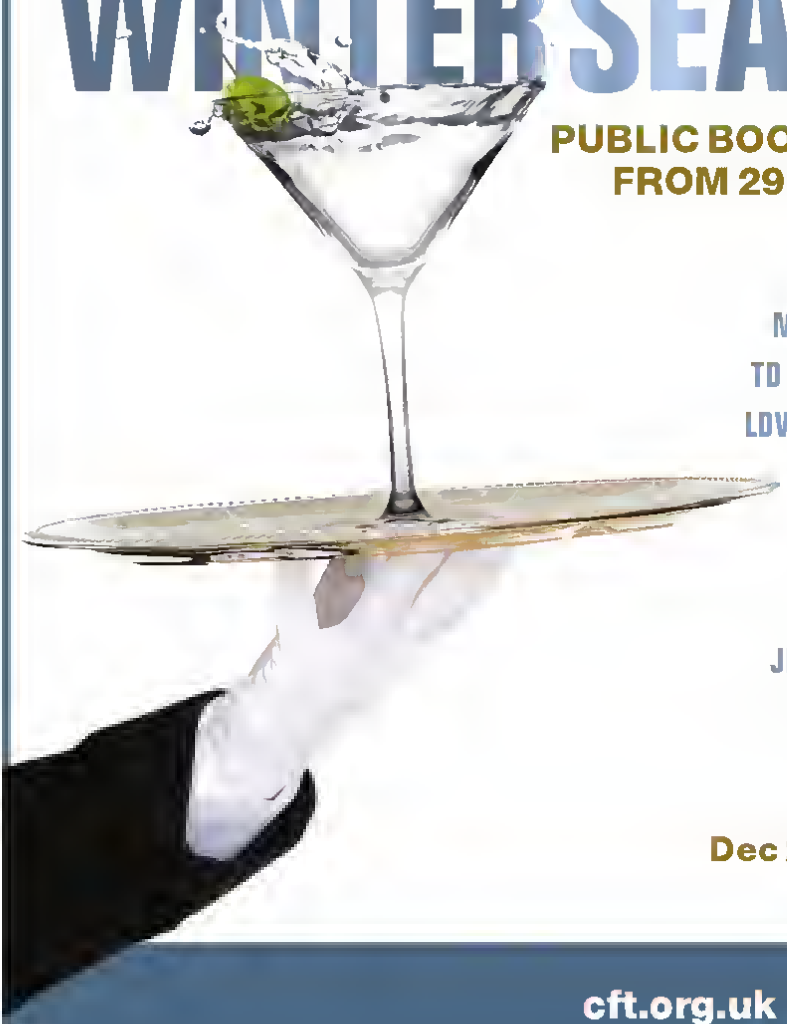

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Police chief sees joint Chichester harbour patrol in action

A MAN was arrested for theft during a patrol of Chichester Harbour – while the West Sussex divisional commander Chief Superintendent was on board.

PC Kris Drake has set up a joint patrol with the harbour master at Chichester and has been running ran Operation Halyard, a high visibility presence on the water in the harbour and marinas for reassurance and promoting crime prevention.

During one of the patrols, Chief Supt Martin Walker was in the boat learning how his officers and the harbour work together, when a man was found on a boat on the water with two bikes, a generator and outboard engine and was arrested on suspicion of theft.

PC Drake said: "This joint patrol not only provides visibility and raises awareness but also aims to build a relationship with the boating community to help us tackle marine crime in the Chichester area. It was great that Mr Walker got to see us make an arrest."

Harbourmaster, Richard Craven said: "The arrest was the reward for the painstaking efforts of the police and Chichester Harbour Conservancy over recent months, and highlights the value of this important partnership and our determination to prevent crime in the harbour."

People living or working on and around Sussex's coastline and waterways are being asked to report suspicious or unusual activity as part of a multi-agency law enforcement campaign – Project Kraken.

By contacting the police, members of the public or organisations can register online with Project Kraken and police will contact them with urgent information and intelligence updates concerning marine crime or, at times of heightened risk or terrorist threat levels, specific reports or requests that they may be able to assist with, for example the observing and reporting of suspicious persons, vessels or vehicles or to look out for stolen boats.

Reporting channels have been simplified to make it easier for people across the country who live or work near the coastline and waterways, or who take part in water based activities. They can contact either the police through 101@sussex.pnn.police.uk or by calling 101 or the national independent charity Crimestoppers anonymously.

Michael Ronald King, 32, of Carlyle Close, West Molesey, Surrey, has been charged with handling stolen goods – an outboard engine and possession of a class B drug amphetamine. He appeared at Crawley Magistrates' Court on 8 September and was remanded to appear at Chichester Crown Court on 29 September.

Appeal for witnesses to West Wittering burglary

POLICE are appealing for witnesses to a burglary at a property in Tamarisk walk, West Wittering, between 8.30am and 9.30am on Saturday, 6 September.

A handbag and a wallet which were stolen were later found nearby. An iPhone and credit cards were also stolen.

Any witness or anyone with information is asked to call 101 or email 101@sussex.pnn.police.uk quoting serial 0540 of 06/09. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

Argument leads to assault

AN ARGUMENT broke out between a man and a woman at about 10pm when they were in a black Peugeot 307 parked outside Iceland on the High Street. They both got out of the car, where the argument continued and during this time the woman was pushed.

A 23-year old man from Bognor has been arrested on suspicion of common assault and has been bailed until October 12 while investigations continue.

Anyone who witnessed the argument or has any information about what happened is asked to contact police on 101@sussex.pnn.police.uk or call 101 quoting serial 727 of 13/9.

LICENSING APPLICATION

LICENSING ACT 2003

NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the grant of a Premises Licence under section 17 of the Licensing Act 2003.

Applicant: **Karl Walton**

Postal Address of Premises:
Garage at Park House, Park Avenue, Selsey, West Sussex, PO20 0TB

Description of Application: ***Retail sales of alcohol every day 00:00-23:59. Alcohol will be stored at this location only and sales made via the internet only***

A copy of the statutory register may be inspected at the address shown below between the hours of 08:45 to 17:10 Monday to Thursday and 08:45-17:00 Friday or by visiting http://www.chichester.gov.uk/index.cfm?articleid=7601

Any responsible authority or other person wishing to make representations on this matter must submit those representations in writing to the Licensing Manager, Licensing Team, Housing & Environment Services, Chichester District Council, East Pallant House, East Pallant, Chichester, West Sussex, PO19 1TY or by email to licensing@chichester.gov.uk by no later than the **14th October 2014**.

Please note that it is an offence knowingly or recklessly to make a false statement in connection with an application and, on summary conviction for the offence, a person is liable to a fine not exceeding level five on the standard scale (currently £5,000).

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130 runners rise to the Valley Challenge

130 RUNNERS from all over the South East of England competed in the second annual Valley Challenge, an eight mile race through the Lavant Valley to the north of Chichester and up the three hills of East Dean, Knights Hill and Levin Down.

The race was organised by local fitness company Milestone Fitness to raise funds for Singleton Playschool and made an incredible £3,700, which Manager Averil Rossiter is delighted with.

She said: "We are so very grateful to everyone who took part in the Valley Challenge and to all the people who helped with organising, marshalling and providing refreshments, especially Milestone Fitness. We will put the money to great use, purchasing equipment that will really make a difference to what we can provide for the children at Playschool."

The race was won by Chichester based James Baker, who achieved a personal best of 45 minutes and 25 seconds, shaving a minute off his 2013 time. The first female runner was Linda Tombs of running club Fittleworth Flyers who came in with a time of one hour and four minutes. Generally though, runners made the hilly and at times tough route in about an hour and a half, returning to East Dean Village Hall for tea and cake and a handmade unique medal from Wests of East Dean. For the first time a group of Cannicross runners entered, taking their dogs with them on the route.

James Baker (in red) sets the pace

The feedback from runners has been overwhelmingly positive it seems and that a lot of this seems to have to do with the fantastic array of home baked cakes which were available at the end of the race! One participant, Paul Henderson says: "Had an absolutely fantastic time today. What a great event - much nicer than some of these big commercial ones. Thank you to all the marshals and organisers and most importantly to all the people that made cake." While Philippa Gee adds: "In addition to many others I am sure, I would also like to say an absolutely massive thank you for such a fantastic run on Saturday. I am so glad I entered. The atmosphere was fantastic, the marshals were wonderful. I have never done a run where the marshals were so friendly and genuinely encouraging. Because there weren't hundreds of runners there was a real personal touch which was lovely. The route, countryside, villages and scenery were spectacular and I loved the little signs along the way, and the unique medal. Congratulations on raising such a fantastic amount, and I am so glad that you are organising another one next year. I will certainly be there and will spread the word at my running club."

Finally, club runner Tracy Vise says: "The event was very well organised and friendly. It is great to feel you're part of something that is smaller than some of the races and makes a difference to a local group. (I run a playschool so know exactly what these types of donations mean to a group). For me I don't think anything could have been done better. Think the views would have been lovely if the sun had come out but I was quite glad it didn't as it was humid enough."

Singleton Playschool would like to thank all the runners, volunteers, bakers and marshals who made the 2014 Valley Challenge possible, as well as their very generous sponsors, local energy firm IGas and new Chichester based running shop 1Run for their financial contributions, Wests of East Dean for the stunning wooden medals, and Chichester Running and Athletics Club for the generous loan of their equipment.

By popular demand, the date for Valley Challenge 2015 has been set for 19 September - so lots of time to get training. For those runners who can't wait that long, the Chichester Half Marathon takes place on Sunday 12 October.

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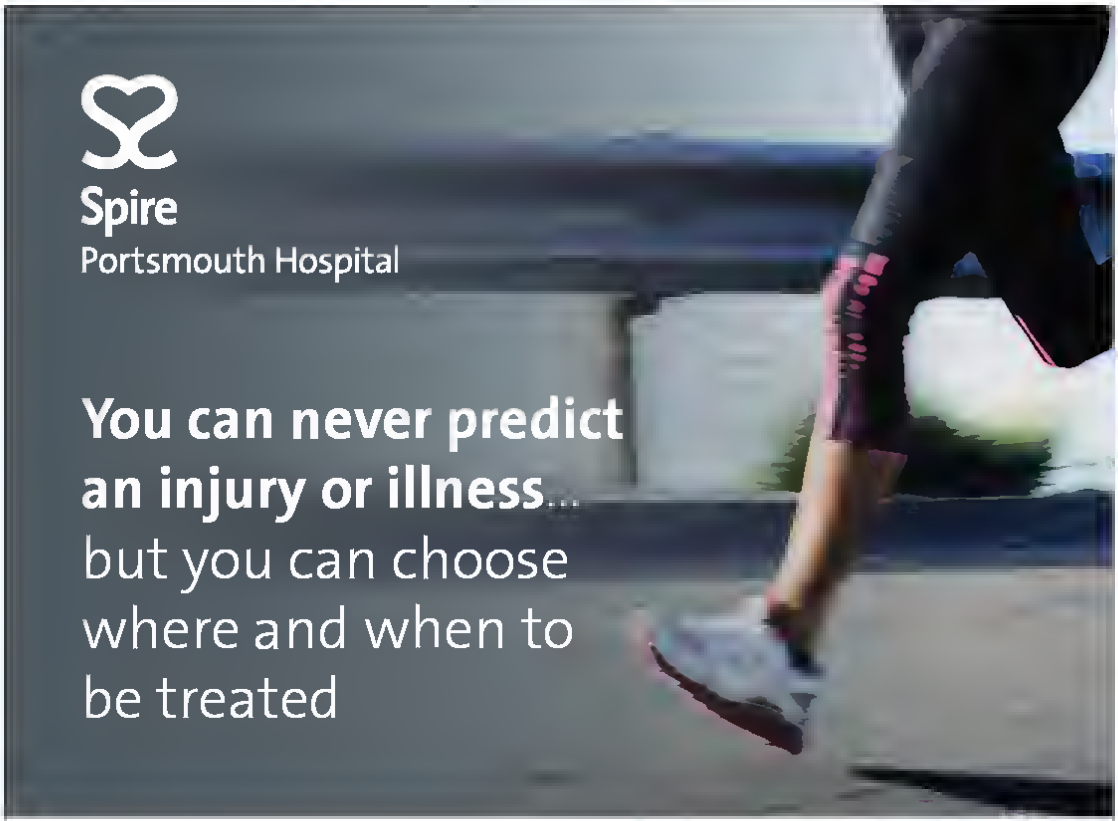

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Aldingbourne Trust manager wins Practitioner of the Year Award

Rachel Smither of Aldingbourne Trust winning this year's Practitioner Award. It was presented by Working Link's Head of Skills and Employability David Hawley

A CHARITY MANAGER from Chichester has won a prestigious award for helping people with disabilities get paid work.

Rachel Smither, who has managed Aldingbourne Trust's WorkAid service for over four years, was nominated for the 'BASE Practitioner of the Year Award' by West Sussex County Council.

The award promotes the remarkable work that goes on across the country to help people with disabilities achieve their work aspirations and retain paid employment.

Rachel was recognised by the County Council for her efforts helping over 30 people find paid work.

Rachel said: "I'm keen to create and challenge West Sussex County Council further and continue to create employment opportunities for less able individuals that may require one-to-one support within their workplace.

"I am proud of the 31 paid jobs we have provided and will continue to build a great partnership with the county."

These employment opportunities have been developed with the County Council along with their suppliers and contactors.

Rachel's roll-out of Plain English pictorial job descriptions and an easy read employment handbook have improved the process considerably.

Two examples of the success achieved were Tim Shervington and Nicky Frendo Cumbo.

Both were employed as events assistants last February, providing support in various locations within West Sussex, such as County Hall North, Horsham, and County Hall, Chichester, along with various village halls around the county.

The job involved meeting and greeting delegates, setting up tables and other equipment, showing delegates to their tables and giving out refreshments during the breaks.

Graham Tyler, Co-Chair of the West Sussex Learning Disability Partnership Board, hoped The Trust could be a model for other Local Authorities and large employers in the future.

He said: "It was with great delight that I learnt that Rachel had won the Base Practitioner of the year award.

"Rachel goes about her job with such enthusiasm that anyone who meets her can't help but be caught up in her dedication and commitment for her role within the Aldingbourne Trust.

"We have improved and received great guidance from Rachel, but we recognise there is a lot more that can be achieved down the line as well as providing further support.

"West Sussex County Council has listened and understood that it needed to reflect the community it serves, by making the changes and gaining a new valuable source of skilled individuals.

"I'm aware other councils do not have such good working practices and this is something I'm keen to share, we can make a difference not only to councils, but to businesses and other organisations throughout the county and country."

Have you considered offering an employment opportunity to someone with Learning Difficulties Learning Disabilities? Contact elizabeth.flegg@westsussex.gov.uk for more information.

For more information about Aldingbourne Trust's WorkAid service visit their website http://www.aldingbournetrust.co.uk/care-and-support/supported-employment-2/

The Chichester Contemplative Prayer Group
'BE STILL'
Exploring silent prayer in the Christian tradition

Presents a talk on

'The Ignatian Spiritual Exercises'

Saturday 11th October 10am-12.45pm

At St George's Church Whyke Chichester PO19 7AB

The day will be led by Simon Wethered, a retired City solicitor and a Licensed Lay Minister in the Church of England. He trained as a Spiritual Director at the London Diocesan Centre for Spirituality and has practical experience of the Ignatian Spiritual Exercises.

Donations (£5.00) invited to cover administration costs.

Do also bring a packed lunch and stay for a quiet space 1.45pm-2.30pm.

Tea and Coffee will be provided.

Further information available from:
Anne Hughes 01243 783818
Susan Cunningham 01243 775730
Barbara Phillips 01243 784874
Revd. Dr. Alison Green curate@chichestercathedral.org.uk

Meetings are also held on the third Tuesday evening each month at:

George Bell House, Canon Lane, **Chichester**

Arrivals from 7.15pm for a 7.30pm start finishing at 8.30pm.

The meetings begin with some teaching on contemplative prayer followed by 20-30 minutes of silence.

All are welcome

Win a meal for 2 at Murrays

Chichester Herald, in partnership with [illegible] fabulous meal for two people [illegible] every [illegible].

The Chicheste Herald will be runnin[illegible] competition sponsored by Murrays in [illegible] every week where you have to gue[illegible] th[illegible].

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Entries close on Wednesday 1 October 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Five Five menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was: Goodwood Motor Circuit.

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We are open Mon - Sat 9am - 5pm (evenings by appointment) Email chichester@freestyledirect.co.uk www.freestyledirect.co.uk

I don't believe it! Car chase on the 17.32 from Victoria

Allis Moss

On the Case

I am neither Victor Meldrew nor Miss Haversham but I'd like to know what you think about this.

What do you do when a child under ten is playing an online game like Ninja Turtles or street racer very loudly in an enclosed public space like a train?

Clearly, some parents are so used to it they don't hear the noise anymore.

Others aren't bothered.

Some are just grateful the little monster is occupied.

How are kids going to learn to be considerate people if they aren't told to turn it down?

A conductor asked a boy to "turn it down a bit", but had seemed nervous at doing so. And the boy was only about six and took no notice.

Perhaps it's fear of getting involved or provoking reaction.

Is it a case of those who don't have young children misunderstanding those who do?

I'm not convinced.

"The trouble is, I have to put up with this at home," said one mum after the boy and his family got off.

It seems to me there's a curious paradox at work and that we're setting two bad examples.

On the one hand, we're teaching those learning from us they don't have to think about anyone else and can be as loud as they like, while being incapable of piping up when it matters, shrinking from voicing a civil request, in this case, to turn it down.

Perhaps we're just so used to alerts, bleeps, beeps, trills, musak, constant traffic, white noise that the idea of quiet has become alien, anathema.

Here's another scenario. I was on a late night tram. There was a man in the carriage with a crying baby. He looked like a first time dad, sleeves rolled up, tattoos, in his 20s. He walked up and down that carriage, back and forth, rocking the baby, trying to put the little one to sleep but the baby was upset and needed to let him know it. What was so very heart warming was how everyone, young and old alike, tried to help and offer advice. Barriers melted away. One woman even took the baby from him to give him a break. There was a sudden coming together of everyone in the carriage as they tried to help the man with the baby.

Waste not, want not

Of course, another reason for not wanting screeching sound effects is that it will interfere with your blatant ear-wigging on all sorts of interesting conversations that you can tune into on a train. I overhead a woman in a cut-glass accent say she'd bought a lovely dress for a baryum because it had some kind of dust on it. All she had to do was take it to the dry-cleaners after purchasing. Let's hope it wasn't radioactive waste or asbestos.

Bone of contention

Afterwards, I went to the big Tesco's in Chichester. I might have been imagining it, but on the day the supermarket giant's shares took a nosedive after launching its investigation into overstated profits, it seemed there was a slightly depressed air about the place. I was in there to change two bones I had bought for my dog, Bertie, like you do, still vacuum packed, but going back because they were the wrong sort. I also needed bread, juice and silver foil. It goes without saying that it was only when I got to the store that I realised the bones were in their vacuum packs back at home and I forgot to get the thing I really needed, the foil. But their olive bread baked on the premises is delicious.

Shoe caddy

All was not lost. Seeing I was buying low fat Quorn mince, the cashier confided he was growing his own herbs. He lived in a caravan and had a good tip for growing veg without outside space. Shoe-caddies. Perfect for growing seedlings, you can hang them up to face the sun. He's growing mooli, too, a long white cousin of the radish but with a milder taste.

I wonder

Yesterday, I was at Elephant and Castle in south London. There was a smell of lavender from the vegetable markets, the rumble of heavy traffic, the distant thunder beneath our feet of the Northern line, hawkers offering fruit to tourists and students from the nearby university. It's great, that urban vibe. But what would it be like to hear nothing at all except nature? Rainfall, birdsong. I don't think I've ever had that opportunity, not even in the most remote places I've been to like the Outer Hebrides. I read about a family who gave up electricity for a year. The thing they missed most was the vacuum cleaner.

And finally

It's understandable we're wary about getting involved. A group of teens in Worthing were chucking chocolate bars around for amusement. No one dared say anything to them. One projectile nearly hit an elderly woman on the head. It landed by her shopping trolley.

I picked it up and presented it to her. "You might as well have it."

"I'll give it to my grandson," she said. "He likes Crunchies."

Contact Allis ✉ allis.moss@chichesterherald.co.uk

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Photo of the week

#Chichesterphoto

Maybuth Studio @clare_mansell

Lovely afternoon spotting wild food along the shoreline with @chichesterharbo #chichester

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Winter weather rehearsal 'Operation Snowflake' in West Sussex this Saturday

IF YOU ARE OUT AND ABOUT in West Sussex on Saturday – don't be alarmed if you spot a County Council gritter moving along the road.

Twenty-five gritters are going to be driven around West Sussex as part of Operation Snowflake – the county's winter weather rehearsal ahead of the coming colder months.

It is a dry run to test the County Council's response to icy and snow weather events on the roads.

The test is essential preparation to help the County Council keep main roads, approaches to hospitals, approaches to schools and colleges, and busy bus routes safe once the weather takes a turn for the worse.

Contractor Balfour Beatty runs the rehearsal every September.

Drivers use Operation Snowflake to check their gritters and equipment, such as snow ploughs, are all in good working order.

They will use the day to familiarise themselves again with the routes, record any changes to the road network, and evaluate if there are ways to make their runs more efficient or quicker.

Pieter Montyn at the County Council depot in Drayton with our gritters

Nine gritters will be going out from Drayton in Chichester. No salt will be dropped on the roads during Saturday's operation.

County Council Cabinet Member for Highways and Transport, Pieter Montyn, said: "Operation Snowflake is a vital part of the preparation we need to make sure we keep the roads safe in the winter.

"Gritter drivers are so important because it is them out there at the dead of night, salting over two fifths of West Sussex's roads when it freezes, to make it safer for us to travel next morning.

"There are always changes every winter to consider – for example this year the Haywards Heath Relief Road has to be added – so Operation Snowflake is the perfect way to get everyone ready before we do it for real."

This year each driver has been given a key fob fitted with a Masternaut GPS vehicle tracker.

This will monitor the driver's speed and pin point where each gritter is on a map, in case of emergencies or break downs.

Balfour Beatty has already stockpiled 10,500 tonnes of salt at the County Council depots in Drayton, Clapham and Jobs Lane, near Hickstead.

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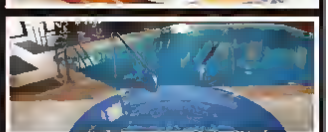

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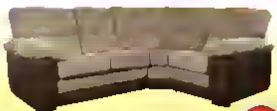

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National News

News in Brief

• TAXI DRIVERS will stage a protest in central London later over competition in the capital, which they claim has been a disaster for trade. Drivers are angry about what they regard as a lack of regulation including of apps such as Uber. The app works out the cost of journeys and cab drivers say it is the same as using a taxi meter, which only black cabs are legally entitled to use. Transport for London said it was "regrettable"

• A FUND to help children who have suffered from trauma has been set up in memory of a seven year-old girl who was shot in the head by her father. Mary Shipstone died of her wounds a day after she was shot by her father in Northiam, East Sussex, as she returned from school on 11 September. Her mother Lyndsey Shipstone has set up the Mary Shipstone Memorial Fund to raise money for a children's charity. She said she wanted people to remember her daughter's "little smiling face"

• THAI POLICE investigating the murders of two British tourists say they are "close to making an arrest". Hannah Witheridge, 23, and David Miller, 24, were found dead on the island of Koh Tao on 15 September. The BBC's Jonathan Head said police are now trying to find a man who left the island that day and is thought to be hiding in the Thai capital Bangkok. Police believe "all persons of interest" in the case have been identified, he added

• A FORMER headmaster from Bristol who worked at two boarding schools has denied sexually attacking seven boys. David Lowe, 60, of Charlotte Street South, is charged with seven offences at Southwark Crown Court. The attacks allegedly happened at Westminster Cathedral Choir School, central London, and Ampleforth College, North Yorkshire. The boys were aged 10 to 14 at the time of the attacks between 1978 and 1984, the prosecution said

• A MAN who was detained in a mental health unit for killing his partner and their child has had his claim to £80,000 from her estate dismissed. Lisa Clay and Joseph Chadwick were stabbed to death at their home in Bolton-le-Sands, Lancashire last year. Paul Chadwick, 35, had told Manchester's High Court his partner would have wanted him to inherit the cash but he was not motivated by money

• THE BROTHER of Arnis Zalkalns, the prime suspect in the case of missing schoolgirl Alice Gross, says his brother has been portrayed unfairly. Janis Dalbs said he had been made to look like a "monster, a villain". People were not interested in whether he was a "good man", he said. M Zalkalns, jailed for his wife's murder in 1998, is wanted after Alice, 14, went missing on 28 August. Met Police detectives are now in the Latvian capital Riga. Alice was last seen by the Grand Union Canal in west London.

Funeral for 'beheaded' grandmother Palmira Silva

Pink flowers spelling 'Mum' were placed next to Ms Silva's coffin as it made its way through Edmonton

THE FUNERAL of an 82-year-old grandmother who was found decapitated in her back garden in north London has taken place.

Palmira Silva died from stab wounds to the heart and aorta, a post-mortem examination found.

Nicholas Salvador, 25, from Enfield, has been charged with Ms Silva's murder and assaulting a police officer.

Pink flowers spelling 'Mum' were placed next to Ms Silva's coffin as it made its way through Edmonton.

The funeral cortege paused outside her business, Silva's Cafe, in Church Street.

At her funeral, retired businessman Roger Turley, 72, said: "She cooked my meals for 20 years.

"Rino, her son, rang me and he could hardly speak. He said 'My mother's had her head cut off' – what can you say to that?

"She could run that cafe on her own – didn't take notes, took the orders, remembered what people wanted, how they liked it cooked, and who they all were.

"She was a remarkable woman. This is a very sad day."

Brenda Eberson, 73, said: "I knew her well, she was a really beautiful lady. When my husband Peter and I would go past, she'd say 'Would you like to come in and have a cup of tea?'

"I'm so sad, I couldn't sleep when I was told."

Neighbours have previously paid tribute to the Italian widow.

Sylvia Lewis said: "She was a lovely lady, she didn't have a bad bone in her body."

Police had found Ms Silva's body earlier this month after being called to the area following reports an animal had been attacked.

Officers evacuated nearby homes before the suspect was Tasered. One officer suffered a broken wrist.

London asylum seekers moved to Folkestone hotel

MORE THAN 100 asylum seekers have been moved to the Grand Burstin hotel in Folkestone to ease overcrowding at a hotel in London.

It follows complaints about 600 migrants being crammed into the Queen's Hotel in South London.

The Home Office told Damian Collins MP, who represents Folkestone and Hythe, they will be there no longer than two weeks.

He said he had been reassured that it was only a "temporary move".

"I was only notified of this yesterday afternoon," he said.

"Clearly it's a decision the Home Office has made very quickly, to relieve the situation in Croydon.

"My concern is, is this a permanent move or will it be temporary? I've been reassured that this is only a very temporary move."

A spokeswoman for Shepway District Council said: "The Home Office has announced that 130 asylum seekers have been transferred to the Grand Burstin Hotel in Folkestone.

"We have been informed that they will be there for a maximum of two weeks, with 30 of them leaving this morning."

Slough station deaths: Mother and son killed by train named

A MOTHER and her 10-year-old son who were killed when they were hit by a train in Slough, Berkshire, have been named.

British Transport Police said they "strongly believe" them to be Rubina Khan, 46, and her son Amaar Khan, 10.

However the force has yet to formally identify the pair.

It added that it was providing support to family members. A spokesman said: "We ask that they be left to grieve and come to terms with what has happened."

The incident happened just before 09.45 BST on Tuesday.

British Transport Police said the deaths were being treated as suspicious, but no third party was being sought.

They said the possibility of a murder-suicide was "one of the lines of inquiry" officers would be pursuing.

Emergency services and forensics officers blocked off two of the four lines in and out of London Paddington at Slough for six hours, causing severe train delays and cancellations.

Passengers on the 08:41 from Bedwyn, which hit the pair, were kept on the train while investigations were carried out.

Dan Paynes, a spokesman for First Great Western, said the driver of the train was replaced at Slough.

"He is receiving all the support he needs and probably won't drive again for some time," he said.

Chichester Business

Chichester's Artistic Edge

I always try to keep abreast of artistic and cultural projects that our city is involved with and this week, I learnt about a wonderful exhibition, currently making a special appearance at the Pallant House Gallery.

Eight years ago De'Longhi teamed up with Macmillan to create the Macmillan De'Longhi Arts Programme to raise money for Macmillan Cancer Support. This year, the seven-day public exhibition, from 21st – 27th October 2014, offers the chance to view and bid, at the gallery and online, on stunning pieces of contemporary art by some of the country's most celebrated artists, who have impressed Macmillan and De'Longhi with their incredible generosity and talent.

The 2014 edition will look to build on last year's success which was held at the Royal College of Art and raised over £116,500 by continuing to hold a public exhibition of the artworks before the auction and allowing for online bidding throughout the evening.

As sponsors of Pallant House, De'Longhi will be displaying a selection of artworks from this year's auction at Pallant House until the 29th September to help spread the word, whilst offering the opportunity for people to bid on their favourites before the event.

The Macmillan De'Longhi Art Auction forms part of De'Longhi's continued involvement with the arts, which includes its headline sponsorship of Pallant House Gallery, which houses one of the biggest collections of modern art in the UK outside London.

The selection of artwork that is currently on display is:

Idris Khan | Toscanini – the last Performance

Idris Khan – After .. Karl Blossfeldt Art Forms in Nature

Gordon Cheung – Unnamed Tulip 21 (Tulipbook)

Stuart Semple- One of These Mornings

The Macmillan De'Longhi Arts Programme is now well on the way to raising its target amount of £1 million and has been helping support those whose lives are affected by cancer since its conception in 2007. The money raised this year will be used to help fund the Macmillan Support Line, a free telephone support service to help those living with cancer, or those who know someone with cancer, whether they have money worries, need advice about work or just need someone to listen.

The beautiful pieces are on display at Chichester's popular Pallant House Gallery for just a few more days now, so I recommend a visit if you have the opportunity to, before the 29th of September.

Contact the gallery on 01243 774557 or visit their website at http://www.pallant.org.uk/ for further information about the exhibition.

Do you run a business in Chichester? Then share news with Kylee about any events, problems or opinions you have about matters that may be affecting you, which may be discussed within a future column – Kylee@MindeeyeManagement.Com @MindeeyeMgmt

Herald Recruitment

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Support Chichester District's food producers during British Food Fortnight

SHOPPERS across the Chichester District are being urged to support local, independent food shops and producers as part of British Food Fortnight which runs until Sunday 5 October.

Coinciding with the week, Chichester District Council will be running two Farmers' Markets: one was held last Friday 19 September in Chichester whilst the other will be in Petworth on Saturday 27 September.

Shoppers will be able to choose from a range of locally grown seasonal fruit and vegetables. In addition, there will be a mouthwatering selection of specialist cheeses; reared meat and caught game; fish caught at Selsey; honey; cakes; chutneys and plants.

The council's farmers' markets are truly local: all stallholders are required to grow, rear, bake, and/or preserve all their produce and are based within 30 miles of Chichester.

The Petworth market takes place in Golden Square, 8.30am – 1.30pm. The market is certified with the National Farmers' Market Association (FARMA).

The theme for this year's British Food Fortnight is 'bringing the harvest home' and the aim is to help educate people about this important time of the year for communities.

Councillor John Connor, Cabinet Member for Environment at Chichester District Council, said: "British Food Fortnight is a wonderful opportunity for people to show their support for the district's independent food shops and producers. Our markets have an excellent variety of produce with something for every taste!"

See www.chichester.gov.uk for more information about the district's farmers' markets.

If you would like to be updated regularly on the Farmers' Market and benefit from discounted product promotions then sign up to Chichester District Council's Farmers' Market club.

Members will receive a monthly email newsletters about forthcoming markets, details of produce for sale, special discounts, events and competitions. To sign up, please call 01243 785166 or email farmersmarket@chichester.gov.uk.

For more information about British Food Fortnight see www.lovebritishfood.co.uk.

Sainsbury's Chichester calls for local schools to show off their cooking skills

SAINSBURY'S Chichester is calling for schools in the Chichester area to cook up a treat as part of the Active Kids Superstar Cooks competition for the chance to win £10,000 of new kitchen equipment and an exclusive dance lesson with competition judge Ashley Banjo of Diversity.

Active Kids Superstar Cooks challenges pupils to create the ultimate, great tasting, healthy meal in the classroom, which will be judged by a panel of experts and Ashley Banjo, who will be comparing how the entries fair against the healthy eating guidelines set out in the Superstar Cooks competition toolkit (available at sainsburys.co.uk/activekids).

The competition has been created for children of all ages and abilities, with entries in two age categories: 5 to 11 and 11 to 16 year olds. One winning school will be selected in each of the two age groups.

Kay Goacher, Store Manager said: "Basic food knowledge and cooking skills are things we all need to lead healthy, balanced lives but as a nation we are learning these skills too late in life.

"The popularity of TV shows such as Junior MasterChef and the Great British Bake Off mean that children have become more interested in cooking. The Active Kids Superstars Cooks competition will help build on this at school level, which is why we have joined forces with Diversity star Ashley Banjo, who embodies the benefits of eating well and being active. Ashley will help teachers to inspire kids to plan, prepare and cook great tasting balanced meals at school, giving them the skills they need to enjoy good food at home throughout their lives."

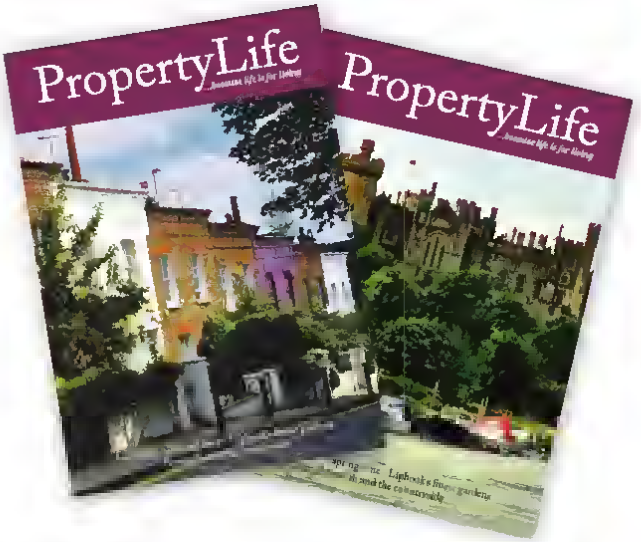
For the first time, practical cookery becomes compulsory for children up to Year 9 in England and Sainsbury's are inspiring a new generation of children to eat well through its Active Kids scheme. This follows new research released by Sainsbury's that tells us as a nation, our Cooking Age is falling short of our real age, and we are reaching it much later than we should.

Based on extensive research amongst 3,000 people aged 14 to 50, the national Cooking Age is a first of its kind classification. Developed in collaboration with the British Nutrition Foundation, much like a person's Reading Age, it benchmarks food knowledge and cooking skills against suggested Core Competences and the National Curriculum.

The findings suggest that the new cooking and nutrition aspects of the National Curriculum will provide the UK with a vital opportunity to equip young people with the skills they need to prepare and enjoy good food. To help teachers deliver these new lessons at classroom level. Supported by free curriculum linked lesson plans and recipe ideas, and fronted by Diversity founder and Got To Dance judge, Ashley Banjo, Sainsbury's Active Kids Superstar Cooks will get children aged five to 16 cooking in the kitchen, helping to improve the Cooking Age of the next generation.

The competition runs until 24 November. For more information visit: www.activekids.sainsburys-live-well-for-less.co.uk/superstarcooks

Property magazine has the 'wow' factor



PROPERTY LIFE is a complimentary monthly property magazine for Hampshire, Sussex and Surrey.

Property Life was created following widespread demand for a high end property publication within this affluent part of southern England. Whether you or your clients are looking for a beachfront house, a country retreat, a city character house or a picturesque village cottage – Property Life can help you find your dream home.

Property Life has a readership of over 70,000 people and gets distributed in the south coast of England's most affluent areas. With the significant rise in the property market, Property Life is of great interest to prospective purchasers and vendors and high-end estate agents offering beautiful luxury homes.

Each month the magazine will be showcasing the best properties available on the market using the most established and respected estate agents.

Property Life magazine includes features and columns on the latest home interior designs. They recommend where to source the most fabulous home furnishings that you desire to create your dream home as well as expert advice on property development.

You will also find ideas for stunning garden designs, high quality garden furniture, swimming pool creations and out building designs including summer houses, garden offices and games rooms making your creative dreams become a reality.

Property Life will give you the most up to date market information, financial investment knowledge and mortgage advice.

Property Life are passionate about Eco living and have experts on hand to make your house greener than ever.

Each month Property Life will be featuring the best pubs and restaurants in your local areas to search for that perfect al la carte menu or the most delicious Sunday roast. Property Life also covers travel destinations, the perfect get away and holiday homes abroad.

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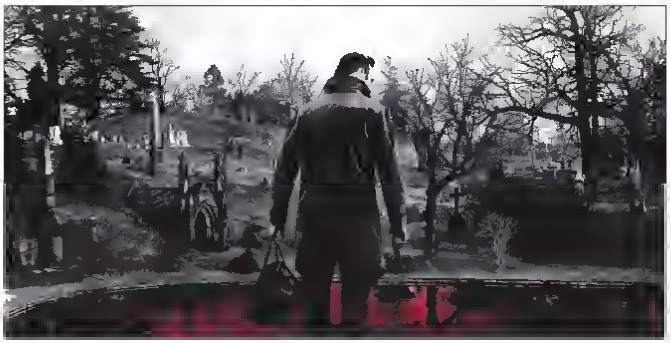
cineworld Now showing at Cineworld Chichester

Cinema Review: A Walk Among the Tombstones



A Walk Among The Tombstones (15)
Running time: 114 mins
Director: Scott Frank
Starring: Liam Neeson, Dan Stevens

★★★★☆

Liam Neeson stars as a private eye on the trail of a gang of brutal kidnappers in this searing action thriller. Matt Scudder (Liam Neeson) used to be an NYPD cop until a shootout in a bar went wrong with tragic consequences. Now he works in the twilight world of the unlicensed private investigator. He reluctantly agrees to help a heroin trafficker (Dan Stevens) whose wife was kidnapped and murdered even after the ransom was paid. The trafficker wants those responsible hunted down. But as Matt digs deeper he finds that this is not the first time the sick and twisted gang has committed such a heinous crime. His most dangerous case yet becomes a race against time through the streets of New York to prevent another killing! Liam Neeson continues his string of powerful action man roles with this gripping crime mystery based on Lawrence Block's bestselling novel series

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. **Liam Neeson has "a very particular set of skills, skills I have acquired over a very long career" in which film**

A THE GREY
B TAKEN
C UNKNOWN

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 30th September 2014 at midday. The winner will be notified later on that day. Last weeks winner was Trudy Jolly from Midhurst. Chichester Herald competition terms and conditions apply.

cineworld **Cineworld Chichester**
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Hampshire Farmers' Markets presents The Taste of Hampshire Dinner to celebrate the best of Hampshire produce and British Food Fortnight

A special dinner that will showcase the very best of Hampshire produce will be presented by the Hampshire Farmers' Markets as the 'Taste of Hampshire Dinner', to be held at the Brookfield Hotel at Emsworth on **Tuesday 30th September**. The event is part of British Food Fortnight which runs from 20th September to 5th October.

HFM Business Manager Alex Handford commented: "The dinner will be a great opportunity for those who love high quality local produce to come along and enjoy a wide range of award winning food from our Hampshire Farmers' Markets producers, prepared and presented by the Brookfield Hotel chef, and to be entertained and informed by two of our interesting, knowledgable and eloquent producers who will be speaking at the event.

The two guest speakers will be Mike Smales of Lyburn Cheese, who has a long association with the Hampshire Farmers' Markets and was previously Chairman of the HFM, as well as of the National Farmers' Union. Mike Smales will be talking about the changes in the food industry from his perspective as a dairy farmer, cheese maker and organic vegetable grower. Ian Kellet of Hambledon Vineyard is a more recent producer to join the HFM and will be speaking about the growing popularity of English wine and the creation of the vineyard's sparkling wines.

There will also be a Prize Draw for a Hampshire Farmers' Markets hamper which will include some of the Lyburn award winning cheeses, Hambledon Vineyard Classic Cuvee sparkling wine and a wide range of other local food from HFM producers.

Alex Handford continued: "Hampshire Farmers' Markets is delighted to be hosting this special dinner in our own 15th Anniversary year and to be working closely with the Emsworth Business Association and Brookfield Hotel during British Food Fortnight!"

The dinner has been organised in association with the Emsworth Business Association and the Brookfield Hotel and will feature award winning local produce from HFM producers from across Hampshire, including seared pigeon breast, Rosary goats cheese, local mackerel, fresh local vegetables and hay smoked venison haunch.

Tickets for the dinner will be available for the general public who want to savour the wonderful Hampshire Farmers' Markets produce, with tickets available from the Brookfield Hotel for the four course dinner at £35 per head including a glass of Hambledon Vineyard sparkling wine.

Bookings for the event are being taken by the Brookfield Hotel directly, reservation desk bookings@brookfieldhotel.co.uk tel: 01243 373363 or Amanda Thomas, General Manager amanda7@brookfieldhotel.co.uk (vegetarian option will be available).

Hampshire Farmers' Markets runs a regular monthly market at Emsworth on the third Saturday of each month.

www.hampshirefarmersmarkets.co.uk

This weekend at Pallant House Gallery

THIS WEEKEND we have various activities taking place at Pallant House Gallery. It would be great if there was space in News or Listings to cover these this Friday, and if so please do let me know.

Macmillan Coffee Morning in the Studio on Friday 26 September from 10am – 12pm. Last year we raised over £500.

Family Open Day on Sunday 28 September with a range of creative activities, inspired by our current exhibitions, for all the family from 12-4pm plus free and reduced entry to our exhibitions. Free drop-in sessions and additional activities including badge and bunting making for £2. No booking required. De'Longhi will provide free coffee. In the studio we will be running a free (donations) drop-in activity based around the Fergusson exhibition.

Pallant Proms on Saturday 27 September 12-1pm. At the first recital of the season Selim Mazari of the Royal College of Music will play works by Schumann and Beethoven. Selim is Laureate of many international competitions. This is part of our fifth year of the international series of Pallant Proms piano recitals in which outstanding musicians are provided for us by special arrangement with the Royal College of Music, and are drawn from the College's prestigious postgraduate Recital Class. Tickets £5.50, booking required on 01243 774557.

Rosemary's classes dance into Chichester

THE ROSEMARY BELL ACADEMY OF DANCE has launched a new branch of the Academy, being held at Central School in Chichester.

The classes will be held on a Tuesday to include classical ballet classes for children aged 3+ and an evening Pilate's class for adults.

Classes will run from 3:45pm during term time.

The schedule can be found on their website www.rbadance.co.uk

The Rosemary Bell Academy of Dance is a ballet school in Chichester and Westergate that is structured around the ballet syllabus devised by The Royal Academy of Dance. The Academy offers ballet classes to children and young adults from ages 2 and half to adults.

At the academy they aim to provide ballet classes for children that are richly educational but also fun and energetic. Ballet classes can enrich a young person's life and enhance development by instilling confidence, discipline and dedication. All skills learned by a young person can carry through to adult life or towards a professional career in dance. At the Academy they encourage committed study, achievement and high standards through examinations which can be taken by children all over the world.

New classes have started in Chichester by The Rosemary Bell Academy of Dance

By choosing a Royal Academy of Dance registered teacher you are choosing a highly qualified individual dedicated in continual development and training. All ballet teachers have a full and current Criminal Record Check and public liability insurance to protect the children in their care.

Rosemary trained at The Royal Academy of Dance in London on the ballet education degree program attaining a degree in Dance Education and went on to complete her advanced Pilates instructor qualifications in 2010.

The Academy has been running for 5 years with a 100% successful exam pass rate with merit or distinction and performances within the community and within the school are an essential part of their identity. The high level of training offered within the school has also enabled one of the students to be accepted in to The English National Youth Company for the second year running. Students also trained during Miss Bell's teaching career have been accepted into the prestigious Royal Ballet associate program.

Contact the academy to arrange your child's free trial in one of their three local venues to begin your child's journey in classical ballet. Tel 01243 528492 or email info@rbadance.co.uk

What's On in your local area...

• Boys aged 6-8 years old are being invited to experience life as a Chorister in a special fun-packed afternoon at Chichester Cathedral. The Be A Chorister Afternoon will take place on Saturday 11th October 2014 at 2pm. Choristers are educated and board at The Prebendal which has been the choir school of Chichester Cathedral for hundreds of years. The Chorister sing almost every day in the Cathedral maintaining the tradition of choral services for which English Cathedrals are famous throughout the world. Bursaries of up to 100% of the fees are available by audition. To book a place, please contact the School's Admissions Secretary on 01243 520970 or email headpa@prebendalschool.org.uk.

• University of Chichester students are in for a theatrical roller coaster ride on Friday 17 October as 'My Name is Bill: An Afternoon with an Alcoholic' comes to The Showroom for two performances at 3pm and 7pm. With a raft of 5-star awards at the Edinburgh Fringe, the gutsy solo drama centres on Wall Street banking millionaire Bill Wilson – who descended into the depths of destructive alcoholism and later founded Alcoholics Anonymous, the most successful recovery program for addicts and alcoholics. Admission is free and the public is also invited. For further details about how the play is used in universities and schools, and to see a video taster, please visit www.mynameisbill.co.uk.

• The Arun Sounds Ladies' Barbershop Chorus are currently recruiting females of all ages and voice ranges who enjoy singing. The ability to read music is not essential. Rehearsals are held on Monday evenings 7.30 – 9.45 at Jubilee Community hall, off Chalcraft Lane, North Bersted, PO21 5JU and we look forward to welcoming interested visitors. We entertain at various engagements throughout the year and annually support a charity. Enquiries to 01243 820448 – www.thearunsounds.co.uk

• The Chichester Contemplative Prayer Group

'BE STILL.' Exploring silent prayer in the Christian tradition

Presents a talk on 'The Ignatian Spiritual Exercises' Saturday 11th October 10am 12.45pm at St George's Church, 'Whyke, Chichester, PO19 7AD. The day will be led by Simon Wethered, a retired City solicitor, and a Licensed Lay Minister in the Church of England. He trained as a Spiritual Director at the London Diocesan Centre for Spirituality, and has practical experience of the Ignatian Spiritual Exercises.

Donations (£5.00) invited to cover administration costs

Do also bring a packed lunch and stay for a quiet space 1.45pm – 2.30pm. Tea and Coffee will be provided. Further information available from Anne Hughes 01243 783918, Susan Cunningham 01243 775730, Barbara Phillips 01243 784570, Revd Dr. Alison Cree n curate@chichestercathedral.org.uk. Meetings are also held on the third Tuesday evening each month at George Bell House, Canon Lane, Chichester.

Arrivals from 7.15pm for a 7.30pm start, finishing at 8.30pm.

The meetings begin with some teaching on contemplative prayer, followed by 20 – 30 minutes of silence. All are welcome.

• Chichester Art Society's autumn programme has some exciting sessions coming up.

On Thursday September 18th 6.30-8.45pm guest artist Martin Smith presents an illustrated talk on "Greenswards and Flowerbeds', all about how well known artists like Cezanne and Monet (among many others) have depicted gardens. On Thursday October 2nd 10.15am-12.30pm popular artist Dee Cowell demonstrates new products from Derwent XL Graphite and XL Charcoal Come and find out how both of products can bring a new dimension to drawing. On Thursday October 16th 6.30-8.45pm David Boxhall will be showing how to use apps on your iPad or tablet to paint. There's a lot of digital art about now – come and find out about it. (Visitors to meetings £3, includes refreshments and raffle).

The Society's popular Figures & Faces Workshops continue until November 25th. Portrait Study alternates with Life Study on Tuesday afternoons 1.30-4.30pm. These workshops are overseen by award-winning local artist Lucie Cookson and there are six of each. Work in your preferred medium. Cost to non-members is £11 or £10 if three or more sessions are booked in advance (Tea/coffee included).

The Society's venue is Bassil Shippam Centre, Tozer Way, St Pancras, where there is parking and easy access. For more information or to book places, contact the Secretary on 01243 602300 or email jean.campbell@zen.co.uk.

• Concorde is a social club which provides friendship and companionship for single people.

It is not a dating club but any members who form relationships or marry remain members.

It meets every Tuesday at the Walnut Tree, Runcton, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglessocialclub.org.uk or phone 01243 575083 or 01243 604715.

If you would like a non-profit or profit to charity event listed then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and not endorsed here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Can't stop eating junk food? Blame your BRAIN for allowing lapses in self-control

OVERINDULGING on junk food could be partly caused by lapses in the part of the brain responsible for control, a new study has revealed

Canadian researchers found dampening the operation of a the dorsolateral prefrontal cortex led to people reporting more food cravings for high-calorie foods and eating more junk food during a taste test.

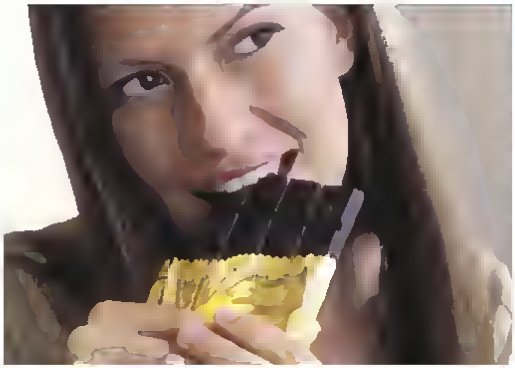
The dorsolateral prefrontal cortex is involved with the brain's executive functions, which allow them to engage voluntary control over their behaviour

Canadian researchers found that dampening the operation of the part of the brain responsible for control led to participants experiencing more cravings and eating more junk food

This part of the brain helps to keep automatic, or knee-jerk reactions, such as food cravings, in check.

Previous studies have shown that boosting activity in the prefrontal cortex reduces cravings for unhealthy foods

But this is the first study to show that reducing its activity levels in



this area of the brain, or 'taking it offline' leads to more cravings and more snacking

However, the researchers advised that taking exercise, avoiding alcohol and getting a good night's sleep could strengthen this area of the brain, allowing people to overcome cravings and the temptation to eat more easily

The study used a method called continuous theta burst stimulation, which uses weak electric currents using a rapidly changing magnetic field to cause activity in specific parts of the brain with no discomfort

This temporarily reduced activity in the participants' left dorsolateral cortex.

After receiving theta burst stimulation, participants not only reported greater food cravings for calorie-dense food, but ate more junk food during a taste test than when they received a bogus stimulation.

Lead author Cassandra Lowe, doctoral student in the University of Waterloo School of Public Health and Health Systems said: "This is the first study to demonstrate that taking the prefrontal cortex temporarily offline results in increased snacking."

Professor Peter Hall, of the University of Waterloo senior author on the study added. "It has long been thought that the dorsolateral prefrontal cortex helps to keep automatic, or knee-jerk, reactions in check."

Taking exercise, avoiding alcohol, and getting a good night's sleep can strengthen the brain, meaning a person can overcome temptations, the researchers advised

"We discovered that when you temporarily dampen the operation of this particular part of the brain, strongly engrained and quite universal preferences for high calorie foods start to hijack people's thought patterns and even their eating patterns."

He added that the study highlight's how brain health can be important for control, especially in the context of dieting

He said. "The research suggests that the best solution to effective self-restraint lies in maximizing brain health Interventions aimed at enhancing or preserving dorsolateral cortex function in healthy populations may reduce the likelihood of obesity and other chronic conditions

"In the end, if you want to improve your self-control when it comes to snacking, structuring your environment to avoid temptations is crucial, but beyond this, the key is to keep your brain in shape, so that you are up to the task when you encounter temptations Let's face it, they are everywhere."

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Living on the coast improves our health

Denise Kelly

Naturopath c
and Therap st

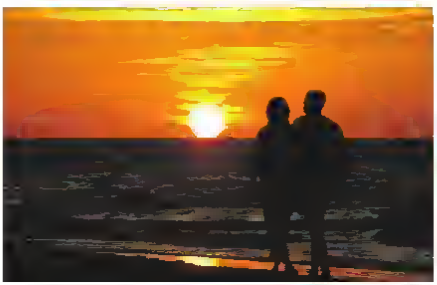
I always thought my love of the sea was because that's where I grew up. Surely it's about the mental connection of childhood memories and carefree days? When I feel stressed, or over worked, I say to my children 'I need to see the sea!' Or, I simply crave a long dog walk at the beach and it always, without fail, makes me feel better. Just the mere sight of the water calms me and makes me feel happy. Breathing in the sea air is so uplifting, I love smelling the salty air as I get close to the beach and I feel immediately calm.

However, this is not just a feeling as I once thought. There are factual scientific reasons behind what happens when we are at the sea. Basically sea air decreases stress and makes you feel great because of the minerals in the sea air and the negatively charged ions, because the sea air consists of a significant amount of negatively charged ions.

Did you ever notice how you feel better, or even invigorated, after a lightening storm? This is due to the release of negative ions. Negative ions are molecules in nature, found in great numbers in places such as the forest or waterfalls. The ocean/sea spray, which is loaded with negative ions helps strengthen immunological defense mechanisms and the iodine in the ocean mist helps regulate the thyroid gland.

Another great benefit of these negative ions is that they help us absorb oxygen and many believe that these molecules help balance serotonin levels, which are, connected to mood and stress, helping us feel happier and healthier. In our world today we are exposed to many positive ions (free radicals) from computers, electricity, TVs etc etc. This is why it is especially good to increase our exposure to negative ions as much as we possibly can. So you don't need to necessarily go in the water, but just be near it!

However, if you do want to be brave and dip more than your toes in come summer or winter, according to some researchers, by going in cold water you create a stressor and this helps boost your immune system! A Czech study found that individuals who immerse in cold water three times a week increased their white blood cell count, the immune cells that fight infection. So, no excuses not to go in the sea as the autumn and winter months draw ever closer, it could just be the best thing to improve your health!



Did you know that

If you could evaporate all the water out of all the oceans and spread the resulting salt over the Earth you would have a 500 -ft layer covering everything!

Do you know that life in the ocean varies as we go deep? Plants grow to a depth of about 107 meters. Fish colour changes as fish living near the surface are often blue green or violet. In twilight zones which are 100 meters down fish are silver or light colored. Many fish living 3000 meters down in the dark ocean waters have their own lights.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her: www.denisekelly.co.uk info@denisekelly.co.uk @DkNutrition 07730671436

Stress and anxiety relief

CAN YOU imagine your life without stress? Any kind of stress leaves its mark on your mind and body. Even positive events such as a wedding or the birth of a child bring with them some stress and anxiety.

Acupuncture is a proven and effective treatment for stress relief and is becoming increasingly popular.

Through unblocking channels with needles, the Qi in the body is able to flow freely in order to restore harmonious balance in the body. So you will find reprieve from physical symptoms such as tense muscles, muscular pains and high blood pressure which will allow you to feel refreshed and energised.

More importantly, regular acupuncture treatments can help strengthen your body and improve the body's immunity, so you're able to deal with the day to-day stresses of life more effectively.

A patient under Dr Feng Wang's treatment

Dr Feng Wang and Suzie Wang

Alternatively, acupressure/ Chinese massage can be applied to people who have a fear of needles. However, acupressure (massage) is often applied to clients after acupuncture in order to enhance the effectiveness of the treatment.

In fact, in some cases, acupuncture being used to treat one condition can actually help detect another, more severe illness that has not been previously identified. In such cases, acupuncture aids in early diagnosis and treatment.

Remember, acupuncture/ acupressure is just one method of relieving stress. It's also important to learn positive and productive ways to cope with stress on a daily basis, thereby combating them to help you enjoy a happier and healthier life.

Dr Feng Wang is an associate of the ATCM and has been practising his profession for over 20 years. He has been volunteering at CancerWise in Chichester, which has helped to improve the health of many people. He also has his own clinic in Chichester city centre.

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Fashion & Lifestyle

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Fashion houses with most to lose could be first to leave Asos

FASHION HOUSES dislike discounting because it can damage their brand and those with the most to lose are likely to be the first to leave the Asos fashion website, a brand specialist has said.

Nicole Desir, executive director of the US based brand development consultancy Blueprint, was commenting on news this week that several fashion labels could leave Asos because they are frustrated by its discounting policy

Desir said "As fashion houses look to establish their position, they use pricing to indicate luxury and quality Discounting can devalue the brand."

Desir raised the spectre of Pierre Cardin which, she said, had moved 'too far away from its core audience" because of discounting

She said "If TK Maxx began selling a fashion houses' items, customers might begin to question the value of that brand."

Of those who might leave ASOS, Desir speculated that the higher end of the luxury end of the fashion market would be the first to go

"It is more likely to be fashion houses rather than brands who are the first to be upset [about discounting]," she said

Marketing spoke to a number of fashion suppliers to Asos following news that some were unhappy with the discounting policy

New Look and Karen Millen said it was business as usual with Asos, with Karen Millen adding that it enjoyed a "positive relationship" with the retailer

Whistles declined to comment and Reiss did not respond to requests for comment

The Sunday Telegraph quoted a source which said Asos was "damaging their brand" because of discounting although it is understood that none of the retailer's suppliers have been in direct contact to voice dissatisfaction

Bridging the gulf between customers who are seeking the best price for fashion and retaining the good will of the brands which stock Asos is not impossible, argued Desir, because the relationship between retailers and brands was "symbiotic"

Desir said offering a wide assortment of items in all price ranges was essential, as was the ability to stock exclusive items which consumers could only buy there

She added "I do think it's possible to bridge the gap"

September is the new New Year! Join the 100 day sprint to achieve your 2014 dreams

AN INDEPENDENT survey of Britons carried out by Experian, the global information services provider, has found that for many, September is in fact a more successful time than New Years, to make – and keep – resolutions, lifestyle changes or other goals

Waiting until the leaves start falling from the trees seems to be the ideal time to turn over a new leaf, with more people successfully changing job (30%), starting a new hobby (22%) or retraining (53%) in September, than any other month of the year. September is also second only to January as the most successful month for starting to save (12%) and finding a new relationship (10%)

Over half of those surveyed (54%) say they have found New Year a bad time to start new things – and less than half(45%) have ever achieved what they set out to do when setting their New Year resolutions in January.

And so, this week could be the ideal time to dust off those grand ambitions or moderate goals, as with exactly 100 days left in the year there is enough time to accomplish something significant – while also a short enough period to remain focused and motivated

The first step in achieving a goal is to understand and prepare for the pitfalls or hurdles you are likely to encounter along the way

63% of people admitted that it proved far too easy to procrastinate taking even the first step and the same number also failed because they felt it would be better if they had a definite end date to keep them motivated Two-fifths (42%) of respondents said that the longest they have stuck at something was 100 days

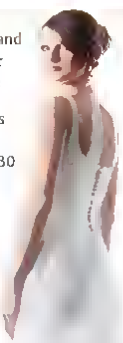
Financial issues were cited as the biggest area keeping people from fulfilling their ambitions for the year (41%), with the cost of living, a lack of savings and difficulty setting money aside the most common factors Three in 10 also felt it was too hard to find the time to stick to completing ambitions (29%) and a fifth blamed a lack of will power (20%)

Julie Doleman, Managing Director Consumer with Experian Consumer Services, commented: "For many we spoke to, financial restrictions have had a negative effect on achieving our new year resolutions so why not start afresh and take the time now to really understand your financial situation and make a plan for the future."

Old Thorns Manor Hotel, Liphook
Wedding Fayre

Sunday 5th October 2014
10 30am - 3.30pm

Old Thorns Manor Hotel has been the setting for some of our largest wedding fayres in Hampshire and we are delighted have the opportunity to host our 100th PMN Wedding Fayre at this amazing venue



With over sixty of the very best wedding suppliers that Hampshire Surrey & Sussex has to offer fabulous bridal fashion shows at 11 30am and 1 30 pm in the Grand Ballroom browse the stunning wedding cakes floral displays inspirational photography chair covers table settings live entertainment wedding transport including the ultimate method of transport a helicopter! Take a ride in the horse & carriage too as well as guided viewings of this stunning wedding venue with the Old Thorns Wedding Co ordinators who will be on hand to guide you and discuss your own wedding day requirements

Come early to make the most of all the services and products on display as at this special 100th Wedding Fayre Celebration Event we have hundreds of pounds worth of prizes to be given away on the day With fantastic suppliers great deals special offers and so much more you will be we are sure be truly amazed by this sensational venue and what it has to offer for your wedding day

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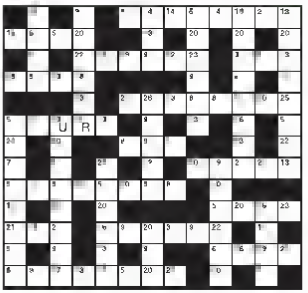
Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	14
2	18
3	16
4	17
5	19
6	10 U
7	20
8	21
9	22
10	23
11 R	24
12	25
13	26

Last week's solutions

1 P	2 L	3 V	4 J	5 Y	6 N	7 T	8 U	9 Z	10 D	11 R	12 C	13 G	
14 X	15 B	16 S	17 H	18 F	19 O	20 Q	21 W	22 M	23 I	24 E	25 K	26 A	

Wordsquare

S	T	A
R	G	I
E	R	R

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in -s are permitted. There is one 9 letter word to be found

How you rate

15 words - average,
20 words - good,
25 words - very good;
30 or more - excellent.

Last week's solutions

cafe, chafe, chef, chi-ef, chieftain, fare, tunet, fart, fain, taint, taith, fate, sert in nt, fetch, t anee, fist, fiche, finish, fine, finite, fitch, heft, haft, hifest, thief

Double Crossword

Choose either quick or cryptic clues

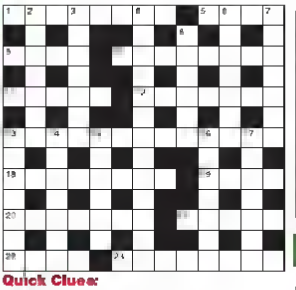
Cryptic Clues:

Across

1. Request written with certain enjoyment (6)
5. Dance all round? (4)
9. Of concern to the listener (4)
10. Such people want knowledge – then they not want it! (6)
11. One way to go right out East (5)
12. Sort of battle network (7)
13. Capital parents, but they produce strains (5,4)
18. Taken it (6)
19. The fools pop back on board (4)
20. Left before the end to give a warning (7)
21. Emotional shocks of revolutions (5)
22. Dancers may enjoy a quick one (4)
23. Advances or returns (8)

Down

2. Admits I or just the opposite (4,3)
3. He a nuisans and anur sheut one point (7)
4. He takes each issue at it comes (7,6)
8. It makes a man keen on money and a woman on food (7)
7. Landlords who are chumbers? (7)
8. Hats arises from a hotel mix up (6)
13. Voyage to the East an inland shipping lines (7)
14. Verbose sort of notice (7)
15. A dog's home (6)
16. Argue about losing put in the wrong side (7)
17. Was ill scuntented about a tree put in the shade (7)



Quick Clues:

Across

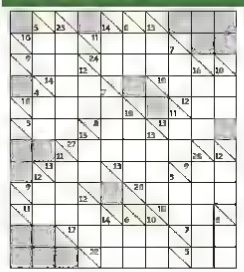
1. Choosing (8)
5. Desire (4)
9. Consumer (4)
10. Filter (6)
11. Vacillate (5)
12. Passage (7)
13. Great Britain and Northern Ireland (5,7)
18. Edifice (6)
19. Detail (4)
20. Stir (7)
21. Wander (5)
22. Lustreless (4)
23. Mice sneeus (8)

Down

2. Seam (7)
3. Faultless (7)
4. Candour (13)
5. Strive (7)
7. Slavery (7)
8. Infertile (6)
13. Rebuke (7)
14. Beginning (7)
15. Cause to love (6)
16. Sparkle (7)
17. Work (7)

Last week's solutions:
CRYPTIC Across 1 Above 4 Teased 8 Speech therapy 10 Interim 11 Alter 12 Extra, 14 Chord 16 Cramp 18 Amplify 21 Independent 22 Target; 23 Repeal Down 1 Asset 2 Chest expander 3 Vicar 5 Eye-wash 6 Standard bride; 7 Layers 8 Stump 13 Riposte 15 Script, 16 Baton 17 Hymnal, 20 Raise. QUICK Across 1 Tether, 4 Rescue 9 Taking a chance 10 Honeyed 11 Curve 12 Prise 14 Alive 19 Paste 18 At first 21 Consternation 22 Grease 23 Grits Down 1 Tetchy 2 Taken prisoner 3 Lanky 5 Ethical 6 Controversial 7 Eyelet 8 Handy 13 Sheather 15 Spcial 18 Marry 17 Stance 20 Flair

Kakuro



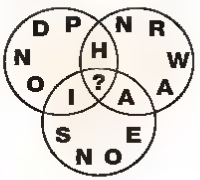
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block

Last week's solutions.

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are this three words, and the letter represented by the question mark?



Last week's solutions.
This letter represented by the question mark is A. Earring, necklace, bracelet... all items of jewellery

Alphamuddle

Rearrange the letters in the grid to make five words that read both across and down. Five letters have been placed to start you off

	O				
					R
				T	
S					
		E			

A

T	R	U	C	E
C	R	O	U	T
S	O	U	R	D
T	E	A	S	A
C	A	R	A	T

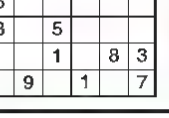
B

Last week's solutions
Scant, Carer, Array, Nears, Tryst.

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions > From top to bottom, simple, intermediate, difficult



Simple

1	6	3		4				9
	9		1		2		3	6
			6		9	4		
9					5		1	8
		1		8		5		
7	8		3		1			4
		9			8			
	1		7		4		6	3
		8				9	7	5

Intermediate

				9				5
7		5	4		3	8		
	9		7		5		4	
1	7		2		6		5	
		6			9	4		
	4		1		7		2	
	2		9	6	8		1	
		8	3		4	5		
		4		7				

Difficult

5		2		3			9	
8	8		9					
			1		2		8	
					7			9
		1				6		
2			5					
	2		3		5			
					1		8	3
	3			9		1		7

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CRAIGWEIL PRIVATE ESTATE £775,000

Well presented modern detached house situated in private marine estate around 200 yards from the beach. Large South facing lounge, spacious dining room, versatile dual aspect study, kit/breakfast room, utility room, an unusual curved staircase and landing, master bedroom with en suite bathroom and balcony, three further bedrooms, family bathroom, detached double garage and gardens including a South facing rear. EPC Rating D

ALDWICK BAY ESTATE £670,000

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kitchen/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK £650,000

A Character house situated on a corner plot. The specification of this well presented property includes g.f.h., dble glazing, dual aspect lounge and sep. dining room, kitchen/breakfast room with conservatory extension, utility room, master bedroom with en suite shower room, four further bedrooms, family bathroom, separate w.c., garage and good size gardens. EPC Rating F

ALDWICK £497,500

A well presented detached house situated in a private marine estate around 200 yards from the access gate to the private beach. This easily maintained house has a lounge, dining room, a cloakroom, well fitted kitchen/breakfast room, utility room, master bedroom with en suite shower room, guest suite with en suite shower room, third bedroom/study, fourth bedroom, family bathroom, integral double garage and well screened gardens. EPC Rating D

ELMER SANDS £495,000

A detached house situated in private estate approx 3 miles to the East of Bognor Regis. The property was constructed in 2009 and has a ground floor shower room/utility room, lounge with folding doors opening to the dining room, large conservatory, fitted kitchen/breakfast room, master bedroom with en suite shower, 4 further double bedrooms, bathroom, garage and gardens. EPC Rating C

ALDWICK BAY ESTATE £465,000

A detached character cottage situated in a private marine estate approx. 400 yards from the beach. The specification of this picturesque property includes g.f.h., u.P.V.C. d/glazing, lounge, dining room, rear sitting room, kitchen with breakfast room, shower room, four bedrooms, bathroom, separate w.c., tandem garage with utility area and gardens to front and rear. EPC Rating C

BOGNOR REGIS £175,000

A refurbished character cottage situated in a cul-de-sac location close to shops, town centre, railway station, beach and promenade. The property is the subject of an extensive programme of renovation including new g.f.h., u.P.V.C. double glazing, 26' open plan living room incorporating the kitchen, two first floor bedrooms and bathroom.
EPC Rating C

Motors

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Car insurance market faces overhaul

EXCLUSIVE PRICING deals between motor insurers and price comparison websites will be banned, the UK competition regulator has said.

The Competition and Markets Authority (CMA) said such deals were preventing insurers from making their products available more cheaply elsewhere.

But the CMA has ruled out a cap on replacement car and repair charges which it originally favoured.

It has been criticised by some for "inaction" following the inquiry.

The planned changes could reduce premiums by about £20 a year, the AA motoring organisation said.

But it questioned whether such a long inquiry was needed given it would make such a small difference to premiums.

The CMA and its predecessor have been studying the £18bn private motor insurance market since 2012, following a referral from the Office of Fair Trading (OFT). The inquiry is separate from new rules regarding whiplash claims. It

believes that many of the 20 million private motorists in the UK are paying too much for their insurance.

Its research found most deals between insurers and price comparison websites called "price parity" agreements were restricting competition and leading to higher car insurance premiums overall.

More than half of all new car insurance business goes through price comparison websites, and up to 90% of this was priced according to these deals.

The deals stop insurers offering their products more cheaply elsewhere, and again ultimately push up the price of insurance, the CMA found.

"They certainly help motorists look for the best deal, but we want to see an end to clauses which restrict an insurer's ability to price its products differently on different online channels," said CMA deputy panel chairman Alasdair Smith.

It has ordered the agreements to end, a move welcomed by the Association of British Insurers (ABI). This is likely to take effect by early next year, unless there is an appeal against the order from members of the industry.

However, it will still allow agreements that mean the price quoted by insurers on their own websites will never be cheaper than on a price comparison website.

The CMA also recommended that the UK's financial regulator, the Financial Conduct Authority (FCA), should examine how insurers inform consumers about add on products to car insurance policies.

"The way motor insurance-related add-on products are sold makes it hard for consumers to obtain the best value," Mr Smith added.

The CMA said no-claims bonus protection was particularly problematic, with both the price of this product and its benefits often unclear to consumers.

"We are requiring insurers to provide much better information," it said.

However, the CMA said it had been unable to find a way to resolve the issue of high car hire and repair charges for drivers not at fault in an accident.

Premiums are pushed up because the insurer of a driver who was not to blame in an accident arranges for a replacement car or repair, but the at-fault driver's insurer foots the bill.

It said addressing the issue would require a "fundamental change in the law". The CMA said its research found the extent of the problem was not as high as it first envisaged – amounting to an average increase on premiums of only £3 a year – meaning "it does not warrant such a radical measure".

This conclusion was a relief for the Credit Hire Organisation (CHO), which represents companies that provide temporary replacement vehicles.

"We welcome the fact that, after a three-year investigation, the CMA has concluded that non-fault customers do indeed require our assistance in their hour of need, and their legal right to a replacement vehicle while their car is off the road has again been reinforced," said Martin Andrews, director general of the CHO.

But James Dalton, head of motor insurance at the ABI, said "[This] will be a bitter pill to swallow for honest motorists. Far from reducing the cost of car insurance, the CMA's inaction simply entrenches the business models of some replacement vehicle providers who profit from inflating car hire charges at the consumer's expense.

"The reality is that the CMA has ducked this challenge and when regulators fail, politicians need to step in to act."

The British Insurance Brokers' Association (BIBA) described the report as a "mixed bag".

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Swimming

Swimmers make a splash at gala

CONGRATULATIONS CO TO CHICHESTER CORMORANTS SC who won the third round gala of the Rother League at the Arun Leisure Centre earlier this month.

A brilliant start to the gala saw Chichester swimmers win 7 out of the first 10 races and come a very close second in the other three. There were many 'personal best' times recorded on the night.

The penultimate race of the night was the Squadron which was closely contested between Chichester and Winchester. However, Chichester swimmers proved too strong for the opposition and won the very exciting and noisily supported race.

Although Winchester Penguins began to claw back some of the lead towards the end of the gala, the Cormorants held their nerve to win the gala by 27 clear points.

The final race of the evening was a one-off relay for veterans which saw Chichester swimmers and coaches Jane West, Darren Sims, Lisa Maynard, and Kerrin Cruttenden win the trophy for the second year in succession.

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